

2024 WEEKLY MENU CYCLE 3

Rise and Shine Child Care Centers 6-11 Months

DAY OF THE WEEK	Food Component	Breakfast/Lunch (Breastmilk or formula and infant cereal or protein and fruit or vegetable or combo of both)	Morning/Afternoon Snack (Breastmilk or formula and grain and vegetable or fruit or combo of both)
MONDAY (H only)	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0-4 TBS Whole Egg 0-2 TBSP Sweet Potatoes 6-8 oz	0 - $\frac{1}{2}$ oz Infant Oatmeal Cereal 0-2 TBSP Applesauce 2-4 oz
TUESDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0-4 oz Cottage Cheese 0-2 TBSP Applesauce 6-8 oz	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBSP Peaches 2-4 oz
WEDNESDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBSP Banana 6-8 oz	0-4 oz Cottage Cheese 0-2 TBSP Pears 2-4 oz
THURSDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0- $\frac{1}{2}$ WG Toast 0-2 TBS Carrots 6-8 oz	0 - $\frac{1}{4}$ oz Cheerios 0-2 TBSP Banana 2-4 oz
FRIDAY	Infant Cereal/Grain Meat/Alternate Fruit/Vegetable Fruit/Vegetable Breastmilk/Formula	0 - $\frac{1}{2}$ oz Infant Oatmeal Cereal 0-2 TBS Peaches 6-8 oz	0 - $\frac{1}{2}$ oz Infant Oatmeal 0-2 TBSP Pears 2-4 oz

Formula - 360 Infant care Similac

Infant Cereal - Grain & Grow Gerber